

THE SCOPE

There is something invigorating about walking in the rain. — Editor

Articles by

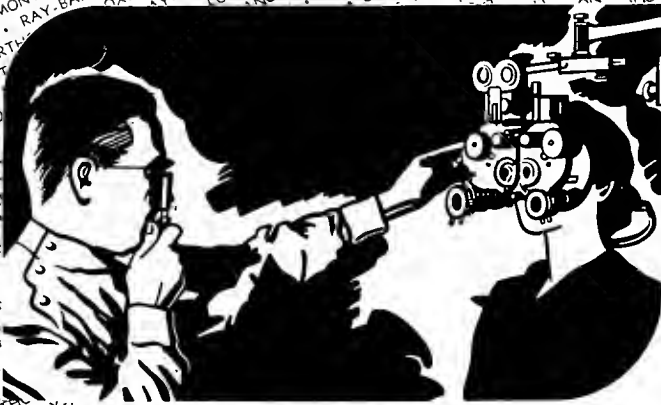
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THE SCOPE



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Boston, Massachusetts*



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THE SCOPE

Presents

Endocrines and The Eye

by H. G. Noyes, A. B., A. M., M. D.

(Reprinted from the 1941 Year Book of Optometry)

After the careful refractionist has done his best to correct errors of the focusing mechanism and has taken care of the muscular and nervous disturbances with lenses and/or prisms, there still remain many patients whose symptoms and signs elude his best efforts to help. In a previous article it was suggested that many of these difficulties might be due to a lack of sufficient vitamins. It is the purpose of this paper to mention additional complicating factors.

In considering the hormones (secretions of special glands) which affect the eyes both through their nervous connections and locally, we are faced with some of the most interesting and difficult problems of physiology. It is in this field of research that many of the latest discoveries are being made. Practitioners of less than two decades can now find in the activity of the endocrines answers to many cases which puzzled them. It is hoped that this brief study of the eight most important glands will help explain many symptoms and lead to further study of this fascinating subject.

1. PANCREAS

As this gland has a special function in the processes of digestion it must not be forgotten that after eye-strain has been relieved, any residual complaints of digestive upsets may be due to improper working of this gland. However, the under-action of certain cells producing insulin, leading to the symptom complex known as diabetes, has the greatest effect on the eye. There is an unfortunate tendency among diabetics to develop arteriosclerosis. This deterioration of the arteries

may lead to serious consequences elsewhere, such as gangrene of the feet; but in the eye it leads to destruction of the sight by disturbing the percipient elements of the retina. Scattered pin-point hemorrhages and small exudates are so characteristic that we need only to glance at the fundus to recognize the effects of diabetes.

Diabetic Retinitis (diagram)

Another result of this sort of pancreatic underaction is the increased liability of the iris to infection. Worst of all, and perhaps least understood, is the tendency of diabetics to lose vision because of changes in the lens. All the difficulties of lenticular astigmatism, myopia, and loss of accommodation that indicate beginning cataract may arise from lack of insulin. Luckily, there are certain cases which throw off all the disabilities when furnished with proper amounts of insulin. The cataractous changes in diabetics are invariably in both eyes. One bad feature is also the fact that such eyes are less safe when or if operation becomes necessary, as they are more liable to infections and heal slowly.

Certain less frequent changes in the eye should be mentioned. For reasons not fully understood, possibly because of the increased amount of sugar in the aqueous, hyperopia sometimes develops or increases. In a few cases paralysis (or weakness) of the eye muscles has been traced to diabetes. Lowered strength of accommodation and premature presbyopia have been noted in diabetics. The anterior chamber, vitreous, and retina are sometimes affected by sizable hemorrhages. A

peculiar swelling of the iris pigment occurs in rare instances. Occasionally the optic nerve becomes inflamed; and in those cases where tobacco and/or alcohol causes amblyopia, part of the damage may be done by an underlying diabetes. Thus it is easy to see that proper functioning of the pancreas is intimately bound up with that of the eyes.

2. THYROID

Even the average layman is well acquainted with the "pop-eyes" associated with swelling and over secretion of the thyroid gland forming the picture of exophthalmic goiter. However, the careful student of eye conditions will note the lid-lag on looking up and the various other characteristic signs of this disease. One interesting finding is that occasionally only one eye may bulge. This may precede all the other disabilities of hyperthyroidism. One of the distressing complications is that the iris (and the rest of the uveal tract) is more liable to inflammation due to the lowered resistance to infection. On the other hand, certain people, especially above age 45, more often women, seem to lose the ability to form sufficient thyroid hormone, thus developing a dryness of the skin and general sluggishness typical of hypothyroidism (or myxedema). These people also may suffer from uveitis; but they are relieved, to a large extent, by treatment with thyroid extract.

(It is of some incidental interest to note that where the parathyroid glands cease to act properly there arise convulsions which cause a peculiar form of cataract. Occasionally there occurs an optic neuritis. Some authors claim that this small gland also has to do with the production of malignant myopia. The intimate relation of the parathyroids to calcium metabolism, hence to weakening of the structure of the sclera, leads them to this conclusion.)

3. PITUITARY

The relation of this important gland to the eye is rather that of its position than that of influencing by means of its secretion, except insofar as it has a part in regulating normal

growth. (Some of the latest researches seem to indicate that the pituitary may have a great deal to do with the derangement of the pancreas which give rise to diabetes, which, in turn, as we have seen, may be very destructive to sight.) The intimate connection of the pituitary body to the visual tracts is well illustrated in certain temporary losses of vision in the outer half of both fields occurring in occasional cases of pregnancy. The swelling caused by the overaction at that time puts direct pressure on the optic chiasm. Tumors of this gland are easily recognized by hemianopsia and X-ray of the skull. Fortunately, they are among those most easily cared for by the brain surgeon. A peculiar waxy pallor of the optic nerves is characteristic. This is not a true atrophy, disappearing, with restoration of sight, after the pressure has been removed.

4. ADRENALS

Adrenalin, the secretion of the central part (medulla) of the adrenal bodies has a powerful effect on the sympathetic nervous system, hence it is used to affect the pupillary control of the eye. More important however, is its use in shrinking small blood vessels which redden the eye in cases where it is a question of diagnosis between conjunctivitis and deeper inflammation. It is also used, along with cocaine, to shrink the tear passage when there is a chronic dacryostitis. Sometimes it is employed in sub-conjunctival injections to break down adhesions between the iris and the lens. Certain proprietary eye drops which contain adrenalin to get the effect of whitening the eyes have been considered dangerous because of the tendency of this secretion to raise intra-ocular pressure. On the other hand, certain authorities have claimed a reduction or stopping of progressive myopia by means of installation of this hormone over long periods of time. They did not record cases of glaucoma caused by this procedure. Adrenalin is used in conjunction with anesthetics during eye operations in order to lessen the bleeding because of its property of constricting vessels.

A certain widely-advertised New York ocu-

list claims that his experiments led him to conclude that the extract from adrenal cortex (outer substance) has a marked curative effect on glaucoma. He injects this hormone into the veins of people with raised intro-ocular tension and also has them take pills made from the same gland. His reports are very detailed and enthusiastic. However, all other careful investigators have disagreed with him. Their conclusions, based on a large number of cases, are that we must look further for the real cure of this cause of blindness.

5. GONADS

Very few practitioners associate puffy eyelids (bags under the eyes) with euinchoidism, or retinal hemorrhages with the menopause. Yet, these connections are known to exist. More familiar is the darkening of eyelids at time of menstruation. Transient blindness has also been known to occur at the time of menstrual disorders. The high blood pressure accompanying the menopause in certain cases has its bad effect on the eyes.

6. KIDNEYS

It is only very lately that experiments with extracts from kidneys, first started by Professor Brown-Séquard, have been successful in reducing unusually elevated blood pressure, thus proving that the kidney has its own peculiar function as a ductless gland. When all the damages that can be done to the eye, such as albuminuric retinitis, are considered, the importance of this is appreciated.

7. THE LIVER

An ancient proverb, certainly much older than the one which says, "A man is as old as his arteries" states that, "A man is as healthy as his liver." In many respects it is certainly true that the health of the eyes depends on that of the liver. Hormones coming from this largest gland in the body include one which causes bone marrow to manufacture red blood cells, another which helps heart action, and still another which destroys certain poisons which circulate in the blood and threaten the eyes. Moreover, this gland has

important functions in the chemistry of vitamins and sugars which are necessary for nutrition and growth of the eyes. (As is well known, night blindness due to disturbed activity of the rods in the retina is dependent upon lack of sufficient Vitamin A. Many inflammations of the cornea are now blamed on avitaminosis of B₂). Besides this, a peculiar substance is formed which prevents coagulation of the blood. This undoubtedly assists healing or prevents further damage in cases of thrombosis of blood vessels in the eye. Further facts in regard to this important structure are coming to light very often, lately, because of the work of many scientists in different parts of the world.

8. SPLEEN

This organ has control of the composition of the circulating blood, in this way keeping the eyes supplied with necessary material to combat infections and the effects of certain toxins. In some way which is still not understood extracts of spleen increase the resistance to allergy. It is this property which some workers claim to be responsible for the successful treatment of certain stubborn cases of glaucoma. One of the theories of this mysterious condition assumes that it consists of an angioneurotic edema, that is, a manifestation of some underlying allergy. The proof lies in the fact that cure, or very great improvement, followed the injection of de-proteinized spleen.

9. MULTIPLE ENDOCRINE DERANGEMENT

So far, we have considered each gland as having an effect by itself. An increase or a decrease of the particular hormone is mentioned as having some special effect on the eyes. However, the real situation, in practically every case, is that where one endocrine gets out of line it throws one or more of the others into disfunction. Sometimes this results in an increase, but often in a decrease, in the secretion of other glands. At the time we see the patient it may be nearly impossible to decide which action was first and which
(please turn to page sixteen)

Vitamin Deficiencies

by R. W. Barnard, Jr.

"Success used to denote superior ability — now people merely wonder what vitamin you're taking". Since we are vitamin conscious at the present time it seems proper to discuss in some slight measure the effect of certain avitaminoses upon various ocular manifestations.

Without going into the first recognition of the vitamins, let us see what part they play in direct connection with the eyes. The so-called "parent substance" of vitamin A is carotene which is widely distributed throughout the vegetable kingdom. Deficiency of this vitamin may result in changes in epithelial cells, which are the first guard lines against irritating foreign substances. When these cells are faulty vitamin A therapy may be indicated; Hemeralopia and photophobia are benefited by such treatment.

It has been seen that the adaptation of the normal eye to darkness is dependent upon the regeneration of visual purple, which is itself dependent upon the presence in the retina of vitamin A. Underlying factors in producing deficiencies such as night blindness, photophobia, drying conjunctiva, and blepharitis, are the poor choice of foods and the *skipping* of meals. It has been concluded that 4,000 international units of vitamin A daily represent the minimal requirement for a healthy adult.

Some slowly healing ulcers of the cornea have been helped along by local vitamin A therapy, but when vitamin B complex is used in conjunction with this, the response is more rapid and thorough; as in treating cases of keratitis.

Hypodermic injections of carotene have been given for cases of hordeolum, night blindness, and various types of conjunctivitis with good results. Vitamin A in the form of Cod Liver Oil has been instilled directly into the conjunctival sac for the purpose of aiding regeneration of superficial corneal tissue with

repair taking place more quickly and with less scarring as a result.

There are at least six factors into which vitamin B can be subdivided; as regards the eye directly, injections of vitamin B₁ have greatly hastened the cure and stopped the pain of herpetic keratitis and all cases of painful and neurogenic affections of the cornea. Vitamin B has been used to treat patients suffering from toxic amblyopia due to tobacco and alcohol; in the cases where the optic nerve was not atrophied the results were very satisfactory. With the administration of foods containing vitamin B in large amounts the symptoms of hemorrhages in the retina, acute optic neuritis, paralyzes of ocular muscles, and nystagmus were relieved in a few days — when, of course, these manifestations were due to dietary or nutritional deficiencies.

When rats were given a diet deficient in vitamin B it was found that over seventy-five per cent of them developed cataract in less than two months time. When some of the creatures were given intramuscular injections of riboflavin at the appearance of the first cataractous changes, the keratitis cleared up and in some cases the cataract was arrested in both eyes, and in a few cases the lenses were clear after clearing of the keratitis. This furnished additional evidence that flavin is a cataract-preventive vitamin.

Vitamin C, or cevitamic acid, has been found to be present in comparatively large amounts in the aqueous and crystalline lens, but in lesser amounts in the presence of cataract. Some investigators feel that the lack of cevitamic acid in the lens may cause cataract, but others have pointed out that the presence of the cataract itself accounts for the low content of vitamin C, rather than the latter being the underlying cause of the former.

Vitamin D, or calciferol, when lacking in the diet of experimental animals, causes these
(please turn to page twelve)

This is Why

by Louis Greenberg '45

The following letter is typical of what a fraternity secretary receives after sending reminders to members who are in arrears in their payment of dues. The person who wrote this particular letter has just remembered that he still belongs to the fraternity.

"Dear Mr. Secretary:

In reply to your request to send a check for dues, I wish to inform you that the present condition of my bank account made it almost impossible. My shattered financial condition is due to Federal laws, state laws, county laws, corporation laws, Practice laws, mother-in-laws, brother-in-laws, sister-in-laws, and out-laws.

Through these laws I am compelled to pay a business tax, amusement tax, head tax, school tax, gas tax, light tax, water tax, sales tax, glass tax, carpet tax, income tax, food tax, furniture tax, and excise tax. Even my brains are taxed. I am required to get a business license, car license, practice license, bike license, not to mention a marriage license, and a dog license.

I am also required to contribute to every society and organization which the genius of man is capable of bringing to life; to women's relief, unemployment relief, and gold-digger's relief and also to every hospital and charitable institution in the city including the Red Cross, Black Cross, Purple Cross, and Double Cross.

For my own safety I am required to carry a life insurance, property insurance, liability insurance, burglar insurance, accident insurance, business insurance, earthquake insurance, tornado insurance, unemployment insurance, old age insurance, and fire insurance.

My business is so governed that it is no easy task for me to find out who owns it. I am inspected, expected, disrespected, rejected, examined, re-examined, informed, reformed, required, summoned, fined, commanded, and compelled until I supply an inexhaustible

supply of money for every known need, desire, or hope of the human race.

Simply because I refuse to donate something or other I am boycotted, talked about, lied about, held up, held down, and robbed until I am almost ruined.

I can tell you honestly that except for the miracle that happened I could not enclose this check. The wolf that comes to my door nowadays had pups in my kitchen. I sold them and here is the money. I suppose this puts me in good standing for another year.

Yours faithfully

Logan Q. Blunderbus

Teeth and Tonsils

in Eye Disease

by Jerome Rutberg '44

Affections of the teeth and tonsils may produce pathological changes in the eye, by direct continuity of tissue or by reflex irritation.

The irritation produced by diseased teeth may affect the eye by inhibition, trophic or vasomotor influences (i. e. causes which may underly the proper nutrition of the diseased parts.)

Great care must be exercised in making a diagnosis of any affection of the eyes before it is decided that focal infection of the teeth or the tonsils is the cause of the ocular disturbance.

Many focal infections of the teeth and tonsils may be considered etiologic agents in cases of Iritis and Iridocyclitis (inflammation of the iris and ciliary body. Conditions due to such infections are usually of a very severe type and if the cause is not ascertained and the infected teeth or tonsils removed, blindness may result through the formations of synechia (adhesions of the iris to the cornea or the lens). This may also be accompanied by pupillary exudates.

Quoting a Few

by Ralph R. Fritz

That fine part of our constitution, the eye, seems as much the receptacle and seat of our passions, appetities, and inclinations, as the mind itself; at least it is the outward portal to introduce them to the house within, or rather the common thoroughfare to let our affections pass in and out. Love, anger, pride, and avarice, all visibly move in those little orbs. . . . A beautiful eye makes silence eloquent; a kind eye makes contradiction an assent; an enraged eye makes beauty deformed. — This little member gives life to every other part about us. — *Addison*.

* * * * *

Eyes are bold as lions, roving, running, leaping here and there, far and near. They speak all languages; wait for no introduction; ask no leave of age or rank; respect neither poverty nor riches, neither learning nor power, nor virtue, nor sex, but intrude, and come again, and go through and through you in a moment of time. — *Emerson*.

* * * * *

The eye speaks with an eloquence and truthfulness surpassing speech. It is the window out of which the winged thoughts often fly unwittingly. It is the tiny magic mirror on whose crystal surface the moods of feeling fitfully play, like a sunlight and shadow on a quiet stream. — *Tuckerman*.

* * * * *

The eye is the window of the soul; the intellect and will are seen in it. — *Powers*

* * * * *

The dearest things in the world are our neighbors eyes; they cost everybody more than anything else in housekeeping. — *Smith*.

* * * * *

The intelligence of affection is carried on by the eye only. Good breeding has made the tongue falsify the heart and act a part of continued restraint, while Nature has preserved the eyes to herself, that she may not be disguised or misrepresented. — *Addison*

* * * * *

Her eyes are homes of silent prayer.

— *Tennyson*

* * * * *

An eye can threaten like a loaded pistol, or can insult, like hissing or kicking; or in its altered mood, can, by means of kindness, make the heart dance with joy. Some eyes have no more expression than blueberries, while others are as deep as a well which you can fall into. — *Emerson*.

* * * * *

Sweet silent rhetoric of persuading eyes.

— *Davenant*

* * * * *

Who has a daring eye, tell downright truths and downright lies. — *Lavater*.

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Outside Clinics

The undergraduates of the Massachusetts School of Optometry are most fortunate in that they are now able to come in contact with outside patients requiring every variety of examination and each phase of Optometry is given practical application. The clinics are available only to seniors so that three years of

theoretical knowledge has been compiled and a firm foundation has been established.

Let us enumerate the various clinics to which the undergraduate has access.

The Massachusetts Optometric Clinic —

The Massachusetts Optometric Clinic was established to allow the "Eye-troubled" public to be more conveniently catered to and, it has brought relief to many. Here we have the most modern and complete facilities, not only for refractive examination, but also for orthoptic training, field charting, and limited ophthalmological work. Each examining room is complete in every detail. Beside individual patients the clinic is open to groups from schools, institutions, homes, and charitable organizations.

The Watertown Arsenal —

At the Watertown Arsenal ophthalmoscopy constitutes the major portion of the examination and pathologies which have been explained in the classroom are observed and diagnosed.

The Boston Society Clinic —

The Boston Society Clinic is maintained by the Boston Society of Optometrists and orthoptics is practised exclusively by the intern. Here the senior's heart is truly gladdened as he restores vision to an amblyopic eye or causes a deviating eye to act more conjunctively with its mate.

The Boston Dispensary —

The Boston Dispensary is also devoted exclusively to orthoptics.

The Boston Evening Clinic —

In order that those who can not spare the time during the day not be deprived of optical care The Boston Evening Clinic functions during the hours of darkness.

The above mentioned functions constitute only a small part of the preparation to which the modern Optometric student is subjected in order that he may be better qualified for the conservation of sight.

Senior Segments

by Henry Fine

Your faithful reporter attempted one New York trip too many in his trusty, old Ford. The poor thing gave up its immortal soul on Saturday, October 11, 1941, in the town of Norwood, Mass. Services were brief but impressive; an ennuied junky bought it for so paltry a sum that we hesitate to mention it to so affluent a group as the present senior class. We may add, however, that the intrepid survivors continued on to the big city, there to drown their collective sorrows in the highly individual concoctions of our favorite third avenue barkeep. The trip was a success even if completed in the cars of unpremeditated hosts.

October 20, 1941 will long go down in M. S. O. history as a day comparable in evil potent only to the Ides of March. On this memorable day, rumors began to fly; tongues to clack; and anesthetizing beer to flow. The next morning, the foul blow fell: the rear row was NO MORE! Decimated and forlorn, its members are scattered among the humble horde comprising the first three rows. No longer will rear row conversation wax free and brilliant! No longer will blithe spirits soar skyward in lofty appreciation of the well turned word, of the magnificent gesture, of the glorious disdain of which only the rear row was capable! With Shelley, we sadly shriek: "I fall upon the thorns of life; I bleed."

The ever elusive Wasserman has returned after an absence of a week; an absence which is probably very mysterious to the uninitiated but which is perfectly open and above board to this probing scribe. We can reveal, however, that ocean bathing in October AIN'T BAD!

A voice speaks from the dim past. Cortland (remember?) Richmond has requested that the *Scope* be sent to his county estate at Ayer, Mass., a beautiful spot known as Camp Devans.

Of interest to many will be the news that Herb Greenblatt, our worthy predecessor is

now happily married and working at the Kenmore Optical Company. (address on request). He expects young Greenblatt (of the present freshman class) to carry on.

Can it be that the greatly beneficial changes which have overcome our Joe Berg are entirely due to the sweet influence of a Chelsea cherub? If so, his countless associates offer up chants of gratitude.

On practically any day, Brer Falino can be heard (and seen) giving brilliant discourses on Case Analysis. They are worth hearing, too — novel if nothing else.

MacKenzie is still taking care of his photographic equipment. He recently bought several square feet of ply-board for a camera case of some sort. His fees are very nominal in case anybody is contemplating marriage, suicide, mayhem, or joining the French Foreign Legion.

La Glickman is still carrying on with the Optometric journals. Nine to one he never dies poor. . . . Maria knows the recipe for a Puerto Rican rum cake. Imagine getting pie-eyed (or should it be cake-eyed?) on several portions of cake! . . . Iventash is considering wearing a monocle if he can determine his monocular P. D. . . . Savoy is again in disfavor in N. J. We don't wonder why! . . . Calderone is still running for trains. . . . Fishman is still tooting. . . . Cadoret is still Cadoretting. . . . Essex is still his affable self. . . . Levine still chews gum.

Acme of asininity: The social and political views held by most at M. S. O.

Advice to the Lovelorn: Love is the loveliest thing.

Advice to others: It's either skill or good liquor.

Movie of the Month: "Major Barbara" G. B. S. Need we say more?

N. B. The high moral tone of this article is due to the efforts of the *Scope* censors and not to a suddenly acquired interest in spiritual affairs on the part of your reporter.

Junior Jests

by Quinn and Gates

The Class of '43 has been working overtime since the last issue of the *Scope*, and we are almost inclined to believe that it will be tough going, trying to get the jist of this jest.

To bring you up to date on Junior politics, we have the final results of our election of a Sergeant at Arms. the office going to West Newton's two hundred and two (202) pound strong armed man-mountain, whom we expect to be one of the bounciest of all bouncers, Clint (Punjab) Wilson.

Up until now, we have been doing our best to prevent this column from becoming a scandal sheet, but at last we have spotted a lady killer in our midst. One rainy day not so far back, we saw a typical twentieth century Sir Walter Raleigh crossing Massachusetts Ave. with a brunette at his side. Leon Mayers is the man about whom we are speaking. He had his hat tipped and a great big smile on his face. We would call him the picture of etiquette. In case you're on the lookout for Leon's little lass, here's a tip. She carries a green and white umbrella on rainy days.

"Hitting the nail on the head," seems like a very simple proverb, but this very same adage was the basis of quite a discussion between Walter McKenna and our Ocular Pathology instructor. It happened that there was a nail protruding from Walter's section of the lab. table. Since it was difficult to draw with a nail in his way, he proceeded to drive the nail in with the heel of his shoe. Of course, Walter was subjected to some questioning, and the instructor made the mistake of thinking that the nail was not in the table, but in the shoe. After some time, the table was smoothed out and the shoe put back on, but things looked bad for a while.

It must be great to possess a little ambition once in a while. Arnela Levine, Sal Lazzaro, and Paul Thornton show their ambition all day long, and others show their ambition just before lunch, or right after school's out. But

we think that Sid Taylor's group requires the most courage. The other day, right out of a clear sky we heard him say, "Gee, let's have a test!" We wonder what he uses for inspiration!

It took us a whole month to find out that we had a handwriting expert in the class, but it's true. Marty Zalkin will gladly give your scratching the once over; and if he has seen worse, he'll try real hard to remember where.

There's nothing like a good holiday, we'll all admit. According to Bud Summers, there's nothing like a Columbus Day celebration. All that worries him is the fact that he doesn't know what to do with the left-overs of a wet week-end. Any suggestions? Send all replies to Charlie Bowman. He censors Bud's fan mail.

After two months of school, we have found, finally, a man on whom we can pin the title "Frank Buck". "Frank Buck Issokson", his friends call him, the most fearless feller that ever fought a fly. It was a cinch to down the critter, but Frankie bumped into trouble when he started hunting for the fly after he killed it. Perhaps his sabotage induced the fly to apply camouflage.

Incidentally, Joe McDermott took our advice last month and did a little practicing on his dog with his scope, but didn't get the results Joe Craven got. In fact, the results of Mac's examination were disastrous. When he would get within six inches of the dog's eye, the patient would show its appreciation by lapping not only Joe's face, but his scope also. Perhaps we should retract our advice, and suggest human beings as good examining material.

Before we go, do you suppose it would be worth while to chip in and buy our friend "Bill", out in the alley, a hearing aid device? Then perhaps "Pete" wouldn't yell so loud. Write to your Congressman for advice on the question; and in the meantime, keep grinding.

Rumpelstiltskin

Soph Soap

by Arthur Veaner and Robert Lippin

The days are getting longer, the nites colder and the work harder. Did you ever try to read a page of G. O. with every other word a letter, an angle, or a ray? Your mind wanders and the letters blur and fuse and then diverge only to fuse again. Confusing isn't it? Are you going crazy? Do not worry — (no indeed,) for you, my friend, are in a school daze or else in love.

The football season is in full swing at every big college including M. S. O. The sophs are continuing their activities as frosh. The squad reported and two teams were drawn up for a fast and furious game of Tag Football. Ed Whelan who learned his football at Biddeford, Maine, home and boudoir of such greats as "Pigskin" Kavarish, "Pu" Trid, "Lanz" Mann, and other gridiron cuties, was captain of the Fenway "Daisies". His opposing captain was "Floating" Flodin, so called because he is 99 44/100% pure. Needless to say it was a grizzly battle, and folks are still talking of the courage shown by that hard-charging back, "Odorous" Urdang, as they picked up his pieces. The game soon had to be shortened as Kates came down with a severe attack of "Housemaid's Knee."

Dr. Victor, that Demon of the Decimal, in augured a system new to the intellectuals of the Soph Class. It is called the B. U. anti-crib system and is used with horrible effect during quiz-time. The dreaded system works something like this. At the count of one, chairs are moved so far apart that the bulk of Waldman can only be seen with a high-powered telescope. At the count of two, blinders are distributed which are so good that it is difficult even to observe one's own paper. At the count of three Victor leaps up on the chandelier and wiggles his ears as a sign for the tests to begin. Our first test commenced in the rather delightful atmosphere of the "Taps" played in a very slow and solemn way with few "Hot Licks" in between. The class will soon insist that the good doctor commence

a system of marking with the decimal carried out to two places. There is something so wonderfully final about one's paper with the mark — 0.00%.

"Swede" Swanson is in the Navy and, although he's having a good time down there in South Carolina, he misses this class — you brilliant scholars. He sent his regards for a Happy Thanksgiving, Christmas, and New Year. If you'd like to get in touch with him ask Jack Flodin for his address. Dr. Wright is a lieutenant in the Signal Corps. He sent a post card that was circulating through the room for a few days. He is not practising his first love, Optometry, and misses it greatly (plug). Jimmy Hall is at Pennsylvania State as a frosh and is having a, quote, "lovely" time. John Bird would like to have "youse guys" write. Address supplied by Mr. Buonfiglio.

Some of Lenny Wolfson's logic a la "Doc" Cline. — About absentees; "If the absentees were to put their names down, it would show who was present. But they can't put their names down which proves the whole class is present."

Monte Kofos, like Lloyd's of London, will bet anything. He wishes to bet Larry Dimmick that Larry will be bald before he is thirty.

II now

-- Vitamin Deficiencies

(continued from page six)

animals to show widening of the palpebral fissure, primary ectasia of the cornea, deepening of the anterior chamber, episcleral injection, and swollen irides. Fundus examinations shows irregularity of the optic discs with extreme pallor and occasional retinal hemorrhages — these changes corresponding very closely with certain ocular diseases in man. It is believed that possibly the weakening of the fibrous tunic, which is dependent upon a deficient vitamin D intake, may be an etio-
(please turn to page sixteen)

Freshman Foibles

by R. Saul and A. Josephson

The freshman year started off with a bang—Woolf broke a slide in zoo lab (we are not alone!) . . . Zoo lab B is having trouble, what with the sweet things across our campus knowing half the progenitors of this column. What has DiCesari got on Mr. Victor? . . . Address of MSO frosh—"Room five, or pool-room, or bowling alley, or McNiff's—telephone numbers obtainable at the office." . . . If we were made prexy, there would be pool tables within staggering distance of that two-hour math lecture—oooh! that two-hour math lecture! . . . Dr. Hershman is pretty hefty the way he draws blood from the frittering frosh—that's why they look so pale these days.

Definition of work: Getting out this column. . . Drawing water from the School of Pharmacy fountains. . . Waddling up our iron-clad stairs. . . and eluding the sophists from Soph Court.

Did you hear the one about the caterpillar in zoo lab that only had one hair?—He wasn't fuzzy wuzzy?

Is Woolf his name or profession—or hobby? . . . the Soph Court will getcha if ya don't watch out—that's you, Greenberg. . . . Pomykala cracking jokes at Dr. Harris in the math class . . . your own dear editors being told to shut up in the Medical Library while giving birth to this column . . . that gleam in Greenblatt's eye—it's a Philadelphia Story

That was a wonderful job Pi Omicron Sigma did on that smoker . . . after that cigar we could not see the stage . . . didn't have any trouble seeing the sandwiches, though. . . The Frosh were well in attendance there, at the Ritz—(Plaza Halls—we can dream, can't we?) . . . Vacca vocalized, Danielian beat all the squamous cells off those skins of his. . . . Greenblatt doing a continuous "Now you see

me, now you don't"—etc.—. There were jokes, too. . . . Oh, yes! . . . There was also a man who could blow a horn—and did he hit the sky!

Congrats to our shiney, brand new class officers . . . (if they made speeches, we could say "Long may they rave!") . . . Incidentally, Gollinger has already emitted some blurbs. . . . But to be serious: we extend our good wishes to President Gollinger, Vice-President Jernasian, Treasurer Sweet (sweet job he's got there), Secretary Golub, and Sergeant-at-Arms Danielian (bouncer, to you).

What hoosegow has stripes running up and down on its uniforms? Ask Gollinger? . . . Wonder if we'll have time to use that football? . . . Wonder what we'll do next issue, when we can't write long paragraphs congratulating our new class officers? . . . the sadistic instinct will probably crop up as soon as we start doing dissections. . . . I'll be Wong the Hatchet Man. If we had a femme in our class, she could be Lizzie Borden. . . . Mr. Victor has more fun sticking matches in Bunsen burners than we do. . . . TWO DESTROYERS SUNK IN BIG BATTLE (we've got to fill this darn column up somehow.

We thank the following for their invaluable aid in compiling this column: Mr. Aaron Aab, Mr. Abraham Aaron, Mr. Marmaduke Aasley, Mr. Yehudi Zyzne, Mr. Yishka Zzyt. (catch on?) The phonebook caught the devil here. That's all for today, kiddies. . . . Papa and Uncle Aaron have a head . . . (ache) . . . We'll be back next issue with odd news . . . flash news . . . exclusive news. Here come the cops with a plagiarism warrant. . . Hurrah, huzza, yippee. . . . 500 big, beautiful, bleary, rolling, cascading, lovely woids. . . . WE MADE IT!!

*Raskollinehoff Q. Saul and
Aaronovitch V. Josephson*

Omega Epsilon Phi

by Herbert Iwentash

President—Henry Fine

Vice President—Robert Rodman

Corresponding Secretary—David Essex

Recording Secretary—Stanley MacGaregill, Jr.

Treasurer—Clinton Wilson

The Zeta chapter of Omega Epsilon Phi recently had the pleasure of approving the admittance of a new chapter at the Monroe College of Optometry. The International Board of Boards has conferred an "A" rating upon Monroe College and, therefore, the group at that institution, which had formerly applied for membership, was now eligible to enter. When this chapter is finally installed our fraternity will be the largest Optometric fraternity in the country.

The membership committee of our Zeta

chapter has submitted the names of the prospective members and the group has bestowed pledge buttons upon this sterling collection of prospective fraters. Sometime early in January the final fate of this group will be decided and an interesting initiation will be held at one of the local hotels. At this time we hope to have an interesting speaker whom the entire student body and members of the profession will be invited to hear as was the case last year when our chapter was installed.

This procedure will be in keeping with the aim of Omega Epsilon Phi "To promote the cause of Optometry by encouraging the study of its principles and problems and by striving for higher ethical and educational standards within the profession."

Pi Omicron Sigma

by Sidney Newman



Π Ο Σ

DR. R. H. GREEN, *Grand Chancellor*

SIDNEY NEWMAN, *Chancellor*

STEWART MACKENZIE, *Vice Chancellor*

GEORGE M. COHEN, *Scribe*

PERRY SAVOY, *Treasurer*

ARTHUR WEISMAN, *Sergeant-at Arms*

One quarter of a year of activity for P. O. S. has already passed and still we look back to the enjoyment which it has given us.

Commenting on our annual Poverty Party, there are no other words to express the enjoyment had by everyone except "tres swell."

November 10 brought on the sayings of

"toss me a dog", "take your finger out of the mustard", and so forth. Though it was rather cold, the brothers and their dates "kept warm by the fire."

December's calendar shows forth with a lecture, combined with pictures from the Better Vision Institute, and also a Dinner Dance to be held on December 12, which is now under way.

We wish to welcome our new brothers to the order of Pi Omicron Sigma.

Gordon Summers, Irving Greenberg, Herman H. Pollock.

We hope that their years in the Fraternity will be as successful and happy as ours have been.

Sport Eye-Tems

by *Marshall U. Margolskee*

"Have you heard"

That the first call for candidates out for the basketball team resulted in a very encouraging turnout. The freshmen responded with excellent looking prospects—it appears as though the present members of the ball club will have to display some pretty fancy "basketballing" in order to keep the frosh rookies from taking over their positions.

That among the men out to represent the freshman class on the basket court this season are: Anthony Iacovelli, who played three years at Milford High School—he's out for a forward position.

Roland DeCesen, who played basketball for Hope High School in Providence, Rhode Island, and who has had a lot of experience at both forward and guard positions.

Charles T. Seidel, out for center, is Maine's representative, and he played at Cheverus High.

Jack Flodin, who is out for either a center or a guard berth and who comes from Lockwood High of New York looks promising.

Lawrence Dolloff, who should help out at either a forward or a guard position, comes from Medford High School.

That Weisman and Fritz, managers of the basketball team, have been getting our schedule together and it is beginning to look as though the squad is in for a most interesting season with plenty of good competition. Colleges in and around Boston are being added to the list of opponents who are to meet our team in the near future.

That since the temperature took a bit of a drop the hockey fans in our midst have begun to stand up for their favorite ice teams, and everyone of them will be glad to tell you why he is sure his club will easily win the Stanley Cup Series. Soon parties of M. S. O. students will again begin to frequent the Boston Garden to root for hockey's best puck chasers.

FLASH: William W. Woolfson, last year's basketball captain, honor student, and graduate of the class of '37 has taken out marriage intentions. The best of luck to you, Will.

M. "Vic" M.

Among the Girls

by *Janet Mechanic*

The Epsilon Omicron Sigma Sorority, at its meeting which was held on October 8, 1941, elected its officers for the coming year. The outcome of the election was as follows:

President — Janet Mechanic

Secy-Treasurer — Maria Font

At this same meeting, a Theatre Party which was held on October 17, 1941, was planned. The members of the Sorority chose to see Katherine Cornell in "A Doctors Dilemma" which was fully enjoyed by all.

On October 14, 1941, the members of The Epsilon Omicron Sigma Sorority were invited to act as hostesses at a lecture sponsored by

the Pi Omicron Sigma Fraternity which affair was tendered to the Freshman Class.

Snatches from here, there, and everywhere! Smartly dressed and busily making her way up and down our Boston streets on Saturday afternoons goes our little Spanish friend pursuing her winter wardrobe—Miss Levine, as usual, is keeping us all in close contact with the various colleges—weekends are too short this year, it seems! It has been rumored that a certain someone who attends a certain college not too far from New Bedford has openly requested that Amelia please make more frequent trips to her New Bedford residence.

That's all so——B'eye now.

--Endocrines and and Eye

(continued from page five)

came later. The thyroid, pituitary, adrenal, and gonads are mixed in their interactions and manifestations. Of course this just makes the problem all the more fascinating to the studious clinician.

10. SUMMARY

A brief glimpse is given at the effect of certain hormones on the eyes. Chief among these are diabetic retinitis, from derangement of the pancreas, exophthalmus, from overaction of the thyroid, bi-temporal hemianopsia, from a swollen pituitary, dilation of pupils, due to adrenal action, hemorrhages caused by difficulties in the gonads and/or kidneys, inflamed cornea due to bad liver and certain cases of glaucoma due to bad spleen. It is hoped that this bird's-eye view of the subject will stimulate interest and enable many practitioners, in conjunction with family physicians, to be of more help in relieving their patients who suffer obscure symptoms, not corrected by attention to refractive errors and anomalies of the neuro-muscular system.

-- Vitamin Deficiencies

(continued from page twelve)

logical factor in myopia.

A vitamin D deficient diet also may produce keratoconus, with good results toward improvement found when the vitamin is restored.

From a review of recent literature on the effect of vitamins on the ocular diseases, vitamin A is shown to be useful in the treatment of corneal lesions and in the correction of night blindness due to a deficiency of vitamin A. Vitamin B in its varied sub-divisions is of use in the treatment of the various toxic amblyopias due to alcohol and tobacco, and perhaps in cataract although this phase is still not too well explored as yet. Vitamin D results in a weakened cornea with ectasia or keratoconus; viosterol and calcium together have aided these conditions.

Therefore it can be seen, even from this extremely brief resume of the effects of certain avitaminoses upon various ocular manifestations, that the eyes are not divorced from the functions of the body itself, and deficiencies in the physical intake of the body are directly reflected in the eyes.

INSPECTION

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